Health and wellbeing - Year 1 - Cycle B

Understanding my emotions	Setting goals	Developing	g a growth mindset	Physical activity	
Relaxation: breathing exercises	S	Healthy diet		Looking after our teeth	

Health and wellbeing - Year 2 - Cycle B

Experiencing different feelings	Setting goals		Developing a growth mindset		Physical activity
Relaxation: breathing exercises		Healthy diet		Looking after our teeth	